

## Review Article

# **A COMPREHENSIVE REVIEW OF THE MULTIFUNCTIONAL BENEFITS OF HERBAL PLANT**

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Herbal plants have been cornerstone of traditional and modern medicine for centuries, offering a rich reservoir of phytochemicals with diverse pharmacological activities. This review synthesizes current evidence on the multifunctional benefits of herbal plants, including their antioxidant, anti-inflammatory, antimicrobial, antidiabetic, anticancer, hepatoprotective, and cardioprotective effects. We discuss key medicinal plants such as *Curcuma longa* (turmeric), *Panax ginseng*, *Ginkgo biloba*, and several Indian medicinal plants documented for multiple therapeutic actions. The review also highlights methodological approaches used in herbal-research studies, major findings from recent systematic and narrative reviews, and important challenges related to standardization, safety, and clinical translation.

**Keywords:** phytochemicals, *Curcuma longa*, multiple therapeutic actions, standardization, safety

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